



SPECIAL POINTS OF INTEREST:

- Employee Health Center Opens!
- Walk Across Texas Celebration Planned

INSIDE THIS ISSUE:

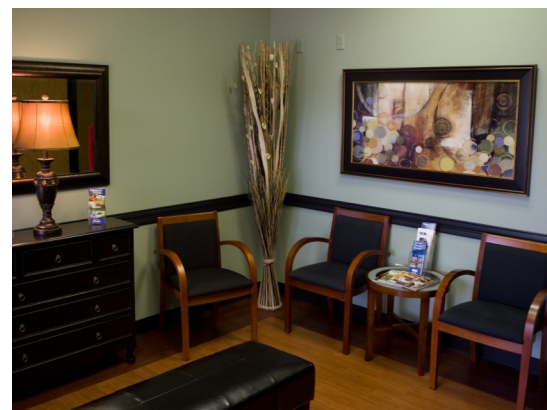
- | | |
|--------------------------------|---|
| April is | 2 |
| Donate Life Month | |
| Golf | 2 |
| Tournaments Scheduled | |
| Upcoming | 3 |
| CPR, First Aid & DDC Classes | |
| Know Your Benefits | 3 |
| National Employee Benefits Day | 3 |

WORKSITE WELLNESS NEWS

VOLUME 3, ISSUE 8

APRIL 1, 2011

City of Bryan Employee Health Center Now Open!



The City of Bryan Employee Health Center is now open and accepting patients. The health center is available to all employees, dependents and retirees who are enrolled in the City of Bryan's insurance plan. Clinic visits do not require a co-pay; however, you will be required to meet deductibles and co-insurance for outside services (i.e. lab, x-ray). You may be seen at the center for minor acute illnesses and injuries as well as preventative care and chronic disease management. Appointments are recommended.

Appointment Line: (979) 821-7690 Fax: (979) 821-7691

Clinic Hours:

8am-5pm
Monday-Friday
(BEHC is closed from Noon-1pm
and on city holidays)

Location:

2010 E. Villa Maria, Suite B
Bryan, Texas 77802
(Next door to St. Joseph Occupational
Health/Express Care)



**WalkTM
Across
Texas!**

Walk Across Texas Celebration!

Saturday, April 16th @ 10am
John Crompton Park, College Station

Come out for great door prizes,
awards
and mini-Zumba lesson!



April is Donate Life Month

Did you know that by being an organ donor you could potentially save up to eight lives? Or, that you could improve the lives of 75 people by being a tissue donor? April is Donate Life Month and with more than 110,000 Americans waiting for transplants, becoming a donor is an important decision to consider. Join us for an educational seminar this month including the personal story of an organ recipient and his donor family.



Give the Gift of Life Seminar
Friday, April 29th
1:30-2:30pm
MOB Basement Training Room
Speaker: Mike Nall, Organ Recipient

Golf Tournaments Scheduled for May

City of Bryan Employee Golf Tournament

May 21, 2011

Tee times begin at 8am

Travis B. Bryan Municipal Golf Course
 4 Man Scramble

(must be COB/BTU employee or retiree)

Cost: \$40/golfer (due by April 8th)

For more information or to register,
 contact Lesley Becker at 209-5050.

The 2011 Leatherhead Scramble Traditions Emergency Medicine

May 7, 2011

8am Shotgun

Travis B Bryan Municipal Golf Course
 Cost: \$200/team (due by April 30th)

(includes breakfast, cart, green fees, lunch)

For more information or to register,
 call 979-209-5975 or email

inored@bryantx.gov



CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)

April 18th

8am-5pm @ the MSC

CPR (renewal)

April 21st

8-10am @ the MSC



First Aid (renewal)

April 20th

8-10am @ the MSC

Defensive Driving

April 19th

8am-4pm @ the MSC



Contact Howard Hart at hhart@bryantx.gov or call 209-5056 to register.

Know Your Benefits

Don't forget about the following programs that are available to you as a Blue Cross Blue Shield Member:

Blue Extras- More ways to save money

Through the BlueExtras discount program, all Blue Cross and Blue Shield of Texas (BCBSTX) members are eligible to save money on value-added health care products and services that help support healthy lifestyles. There are no claims to file, no referrals and no pre-authorizations. And there is no additional fee to participate — it's just one more benefit of being a BCBSTX member!

Vision Discount Program

Davis Vision® offers BCBSTX members discounts on eye exams through a national network of ophthalmologists, optometrists and opticians. Additional savings include discounts on eyewear, including frames, lenses, and lens options and permanent and disposable contact lenses.

Hearing Aid Discount Program

TruHearing® saves you money on digital hearing aids. Plus you can have your hearing tested for no additional charge when performed for the purpose of fitting a hearing instrument by a licensed hearing specialist. Enjoy a 45-day money back guarantee, a three-year warranty and a selection of hearing aid styles at various price levels.

Weigh Management and Fitness Discount Programs

BCBSTX members and their covered dependents can join Life Time Fitness®, Jenny Craig®, or Seattle Sutton's Healthy Eating® to begin a weight management or fitness program and save money at the same time! Regular monthly fees still apply, and franchisee participation may vary.

Complementary Alternative Medicine Discount Programs

Complementary Alternative Medicine (CAM) includes a variety of therapies that may help to improve a member's health, prevent illness and address existing symptoms and conditions. This program offers BCBSTX members:

- Access to the **Healthways WholeHealthMD** network of more than 35,000 practitioners, spas, and wellness and fitness centers
- Up to 30 percent off standard fees
- Discounts on vitamins, herbal supplements and health-related magazines

For more details visit Blue Access at www.bcbstx.com, login to your personal account and look under Quick Links for the Blue Extra Discount Program.

National Employee Benefits Day

Help us celebrate National Employee Benefits Day on April 4th! This year's special focus is on communicating benefits to employees. Our Risk Management Department strives to provide attractive employee benefits along with excellent customer service with accurate and timely advice. Click [here](#) to visit the our website for detailed benefit information and important forms. You may also contact our Benefits Administrator, Flo Garcia, at 209-5053 or fgarcia@bryantx.gov with benefit related questions.



If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Becker
Wellness Coordinator
(979) 209-5050
lbecker@bryantx.gov

Copies of this newsletter are available in Risk Management.